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## SAUCES ADD VARIETY

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Americans returning from foreign countries give interesting descriptions of foreign customs, arts and crafts. They tell of differences in costume, speech, and in general living conditions. And usually they remark with wonder about the foods. Foreign cooks have introduced them to new seasonings and combinations of flavors. These are usually familiar foods served with intriguing sauces.

To most Americans such cookery comes as a revelation because American preparation of food is simple, often bordering on the plain side. Many homemakers overlook those extra touches that make her a cook of imagination as well as one with a knowledge of good nutrition and cooking technique.

French cooks are famous for their skill in the use of sauces. Cooks of any nationality can enhance the flavor of fish, meat and vegetables if they have a small but representative number of sauces in their recipe files. Through the use of sauces, it is possible to add variety to meals at very little expense.

Since homemakers have grown so many different herbs for seasoning, we have become more interested in the use of these herbs. Seasoning with herbs, of course, is a subtle art, and the more the homemaker uses them the more possibilities she finds for them in sauces.

Homemakers have found that chopped or ground green leaves of tarragon in a sauce for fish or eggs are pleasing. They have used chopped leaves and tips of basil in white sauces, milk gravy and tomato sauces. Another combination that has been used with success is chopped leaves of dill added to a cream sauce for chicken. Ground horse-radish root has been used in sauces for meats; mint leaves to flavor a sauce for lamb, and chopped chives to add a delicate, onion-like flavor to nearly any sauce.



## ALL PURPOSE SAUCES

### Medium White Sauce

2 tablespoons margarine      1/2 teaspoon salt  
2 tablespoons flour      1 cup milk  
Dash of pepper

1. Melt the fat in the top of a double boiler or in a saucepan, over direct heat, but do not overheat it.
2. Remove from the heat; then stir in the flour and seasonings, mixing thoroughly.
3. Add the milk gradually, stirring constantly as it is added and until well thickened. Do this over boiling water; or over low heat, if in a saucepan. Be sure to stir well from the bottom, so that the thickened mixture is blended thoroughly with the milk being added. After sauce is well thickened, continue cooking for a few minutes, still stirring. Makes 1 cup sauce.

Thin White Sauce: Make medium white sauce, as above, reducing fat and flour to 1 tablespoon each.

Thick White Sauce: Make medium white sauce, as above, increasing fat and flour to 4 tablespoons each.

Cheese Sauce: To the medium white sauce above, add 1/2 cup grated cheese, and cook, while stirring, until melted. Serve over vegetables such as cauliflower. Also with fish and croquettes.

Parsley Sauce: To the medium white sauce above, add 1 to 2 tablespoons minced parsley and 1 teaspoon lemon juice. Serve with fish or vegetable, such as potato.

Vegetable Sauce: Make medium white sauce above, using the small amount of liquid left from cooking vegetables, with enough milk added to make the 1 cup called for. Serve over vegetables. This conserves food value and adds flavor to the sauce.

Curry Sauce: To the flour in the medium white sauce above, add 1/2 to 1 teaspoon curry powder. Serve on vegetables, chicken, lamb and rice.

### HOW TO MAKE WHITE SAUCE USING DRY MILK IN POWDER FORM

#### White Sauces

	<u>Thin</u>	<u>Medium</u>	<u>Thick</u>
Fat (tablespoon)	1	2	3
Flour (tablespoon)	3/4	1 1/2	3
Skim milk powder (tablespoon)	4-6	4-6	4-6
Salt (teaspoon)	1/2	1/2	1/2
Water (cup)	1	1	1

Melt fat and blend in flour, skim milk powder and salt. Gradually add water, beating until smooth. Complete cooking over hot water, stirring occasionally (makes 1 cup).

### HOLLANDAISE SAUCE

Any mixture that contains much egg is cooked over low heat, because the protein in egg coagulates at low temperature. In combination with an acid, such as lemon juice in this sauce, the protein coagulates at an even lower temperature. Therefore, cook Hollandaise over water. Stir constantly to keep the mixture smooth and to prevent overheating.

3/4 cup margarine	3 egg yolks, well beaten
1 1/2 tablespoons lemon juice	dash of salt
	dash of cayenne

Divide margarine into 3 pieces; put 1 piece in top of small double boiler, add lemon juice and egg yolks. Place over hot water (not boiling) and cook slowly, beating constantly with wire whisk or beater. When margarine is melted, add second piece of margarine and, as mixture thickens, add the third piece and cook until thickened, stirring constantly. Remove immediately from water, add salt and cayenne and serve at once. Serve with vegetables, fish and shellfish. If sauce has a tendency to curdle, place on crushed ice, stirring vigorously. Yield: 3/4 cup sauce.

### QUICK SAUCES FOR FISH

Cucumber Sauce: Combine 1/4 cup mayonnaise or sour cream, 1/2 cup finely diced cucumber, 1/4 teaspoon chopped onion, 1/4 teaspoon celery seeds or chopped celery. (Makes 2/3 cup.)

Lemon Cocktail Sauce: Combine 1/3 cup mayonnaise; 1 teaspoon each bottled horse-radish, minced chives, and prepared mustard; 1 to 2 tablespoons lemon juice. (Makes 1/3 cup.)

Tomato Cocktail Sauce: 1/2 cup tomato catsup, 1 tablespoon lemon juice, 1 tablespoon Worcestershire sauce, 1 tablespoon grated horse-radish, 1/2 teaspoon tabasco sauce, 1/4 teaspoon salt, and 1 teaspoon minced onion. Makes 3/4 cup. Mix all ingredients well and chill thoroughly. This is a highly flavored sauce for shell fish or vegetables when served as an appetizer or cocktail.

Italian Tomato Sauce: Saute' until tender, 2 tablespoons minced onion in 1 tablespoon margarine. Add 1 - 8 ounce can tomato sauce, 2 tablespoons Parmesan cheese. Heat; serve. (Makes 1 cup.)

Dill Sauce: Combine 1/2 cup mayonnaise and 1 tablespoon dried dill. (Makes 1/2 cup.)

### TARTAR SAUCE FOR FISH

1 cup mayonnaise  
1 tablespoon each of minced pickle,  
parsley, capers, onion, green olives  
(optional)

Combine all ingredients, chill. Makes about 1 1/2 cups or 6 servings. Nice with hot or cold fish, fried oysters or shrimp.

### WHITE WINE SAUCE

3 tablespoons flour	1/4 cup white wine
3 tablespoons butter	1 cup milk
3/4 cup water	1/4 teaspoon salt
1 tablespoon Sherry	

Stir flour into melted butter and blend well. Gradually add water, wine and milk, and cook 5 minutes, stirring constantly until mixture is smooth and thickened; add salt and Sherry. A dash of cayenne may be added, if desired. Serve with fish. Yields about 2 cups sauce.

### CREOLE SAUCE

1 1/2 cups canned tomatoes	1/2 cup thinly sliced, canned mushrooms
1 thinly sliced, seeded green pepper	1 tablespoon margarine
1 thinly sliced medium onion	1 tablespoon flour
	1 beef-bouillon cube
1 cup hot water	

Simmer tomatoes and next 3 ingredients about 10 minutes. In separate saucepan, melt margarine; gradually add flour. Cook, stirring, over low heat until well blended. Dissolve bouillon cube in water; stir into blended flour. When this is thoroughly mixed, add to tomato mixture; cook 2 minutes. Makes about 2 cups sauce. Nice with baked, broiled or fried fish.

### TOMATO SAUCE

2 tablespoons margarine	1 teaspoon salt
2 tablespoons flour or cornstarch	1 cup tomato juice
	Dash of powdered cloves

Melt fat; but do not overheat it. Remove from the heat, then stir in the flour or cornstarch and seasonings, mixing thoroughly.

Add the tomato juice gradually, stirring constantly as it is added and until well thickened. Makes 1 cup sauce.

(Cornstarch gives a better color to the sauce than flour for thickening.)

### SAUCES FOR MEAT

#### Currant Mint Sauce

1 - 8 ounce glass currant jelly    2 tablespoons grated orange rind  
2 tablespoons minced fresh mint leaves

Break up jelly with fork. Add orange rind and mint leaves. Mix well. Makes 6 servings. Nice with meats.

Raisin Sauce: Mix 1/2 cup brown sugar, 1 teaspoon dry mustard, and 1 tablespoon flour. Slowly add 2 tablespoons vinegar. Add 2 tablespoons lemon juice, 1/4 teaspoon grated lemon peel. 1 1/2 cups water, and 1/3 cup seedless raisins. Cook over low heat until thick, stirring constantly.



Variation for Raisin Sauce: To give an added fruit flavor, the syrup from the can of pineapple may be substituted for part of the water.

Ham Sauce: Melt 1/2 cup guava jelly in the top of a double boiler. Add 1/2 cup prepared mustard and stir until smooth and well blended. Serve with ham.

#### MODIFICATIONS OF MAYONNAISE

Pickle Mayonnaise: To 1/2 cup mayonnaise add 1/2 tablespoon each catsup and minced parsley, 1 tablespoon each minced sweet pickles, cucumbers and pickled beets. Serve with meat, vegetable or egg salads. Yield: 3/4 cup.

Pimiento Cheese Dressing: To 1/2 cup mayonnaise add 1/4 cup pimiento cheese spread, a dash of salt and 1 hard-cooked egg, finely chopped. Serve with vegetable salads. Approximate yield: 1 cup dressing.

Pimiento-Mustard Dressing: To 1/2 cup of mayonnaise combine 2 tablespoons minced pimiento, 1/4 teaspoon dry mustard and a dash each of salt, pepper, and paprika. Thin with 1 teaspoon vinegar and a little cream or evaporated milk. Serve with meat or vegetable salads. Yields about 3/4 cup of dressing.

Piquant Mayonnaise: Rub a bowl with 1/2 clove of garlic; add 2 tablespoons each of minced green pepper and pimiento, 1/4 cup each minced celery, dill pickle, chili sauce and catsup. Add 1/2 cup mayonnaise and combine gently. Serve with green salads. Yields about 1 1/2 cups of dressing.

Savory Mayonnaise: To 1/2 cup mayonnaise, add 1/8 teaspoon each dry mustard, paprika and Worcestershire sauce. Serve with vegetable, meat or fish salads.

Thousand Island Dressing: Add 2 tablespoons chili sauce, 1/2 tablespoon catsup, 1/2 tablespoon each vinegar, chives, chopped green peppers and chopped pimientos, and 1/2 teaspoon paprika to 1/2 cup mayonnaise mix and serve with vegetable salads. Yields about 1 cup dressing.

#### SAUCES FOR FRUIT

##### Cocktail Sauce for Fruit

Guava Catsup Sauce: Use 1 tablespoon guava catsup over diced papaya which has been moistened with lemon juice and chilled. Serve in individual serving dishes.

##### Guava Catsup

5 medium-sized onions, finely sliced	1/8 teaspoon ground pepper
1/4 cup water	1 1/2 to 2 cups vinegar
3 quarts guava pulp (pulp left from jelly making may be used)	4 teaspoons ground allspice
2 large cloves of garlic, finely sliced	3 teaspoons ground cinnamon
5 small peppers, finely chopped, seeds removed <u>or</u>	2 teaspoons ground cloves
	6 cups sugar
	1 tablespoon salt

Cook onion in the water until it is soft. Combine all the ingredients and cook for 30 to 40 minutes. Pour into hot sterilized jars and seal immediately. This is excellent to serve with meat or avocados.

Fruit Juice French Dressing

1 tablespoon sugar	Dash of pepper
1/2 teaspoon paprika	2 tablespoons lemon juice
1/4 teaspoon dry mustard	1/4 cup grapefruit juice
3/4 teaspoon salt	1 cup salad oil

Put sugar, paprika, mustard, salt and pepper in a jar. Add fruit juices and oil. Cover closely and shake vigorously. Shake again before using. Makes 1-1/3 cups.

Variation: Honey may be used instead of sugar. To give an added fruit flavor whip 1/4 cup of tart jelly into the dressing.

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